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Salt Pork with Cream Gravy a Pleasant Item

The Story of a Supper Party When Conversation Turned on Old-Fashioned Favourite Dishes. Several Voted for Salt Pork and Cream Gravy. Others Had Favourite Dishes.

The other night at a supper party, conversation turned to food. We all declared our favourite dishes. Among them were many old-fashioned favorites. There were several votes for salt pork and cream gravy!

hash proved to be another favourite dish. All agreed that it must be well browned. Poached eggs are, of course, often served with corned beef hash.

Salt Pork with Cream Gravy
 1 lb. thinly sliced salt pork
 Flour
 2 tablespoons flour
 2 cups top milk
 Salt, pepper.

Soak slices of salt pork one hour. Drain and wipe dry. Dip each slice in flour and fry until crisp in hot frying pan. Remove pork and keep hot. Leave two tablespoons of fat in the pan, blend in flour and add the milk, stirring constantly, until thick and smooth. Boil one minute, season to taste and pour over meat.

Corned Beef Hash
 2 tablespoons bacon fat or drippings
 2 tablespoons chopped onion
 2 cups chopped corned beef, cooked
 2 cups cubed boiled potatoes
 1 cup stock or milk
 Salt and pepper to taste.

Melt the fat in a frying pan, add the onion, and brown slightly. Add the remaining ingredients, well mixed. Spread the mixture evenly in a pan and cook over a slow fire for half an hour. It is best to cover the pan at first so that the mixture may become thoroughly heated. If the hash is to be baked allow forty-five minutes in a moderate oven (350 degrees Fahrenheit). The hash may be stirred while cooking so that it will brown all over but if not stirred it should be folded and served in the same manner as an omelet. Garnish with pickled beets and serve with horseradish sauce.

Quick Meal
 Boiled grapefruit
 Salt pork with cream gravy
 Griddle cakes
 Mixed green salad
 Cheese, Jelly, Crackers, Coffee

Method of Preparation
 Prepare salad and chill.
 Light a broiler.
 Prepare grapefruit and broil.
 Prepare salt pork.
 Make griddle cakes.
 Make coffee.

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Huntingdon Gleaner:—Near Elgin, Ill., Fred Weaver has a hog farm to which city trucks bring garbage fed to Weaver's porkers. Weaver is still a young man, in fact has just been married, but in the time he has operated the farm he has salvaged 400 silver knives, forks and spoons put into the garbage by careless housewives. Weaver had this 400-piece set of silver cleaned and gave it to his wife for a wedding present.



(By Edith M. Barber)

Really, there is nothing better than this simple dish, especially if you serve tender griddle cakes with it. In olden days this combination was often used for breakfast, but it is as good for lunch or for supper. I recommend it the business woman housekeeper.

Salt pork, of course, belongs with baked beans, and I agree with a critic who bewailed the fact that there is not always enough pork used in this dish. I suppose it is actually supposed to add flavour and fat, but most of us like to have a portion of pork with each service of beans. You may, of course, add a piece of pork to canned baked beans when you put them in a casserole for baking. If the pork is scalded and cut into small pieces, it will be done enough at the end of an hour.

As is usually the case, corned beef



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BE BEAUTIFUL
 By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



MARJORIE WEAVER who has lived in Tennessee, says bubble baths are especially relaxing after busy days spent under southern suns.

Bubble Bath is Latest Luxury

The evolution of the bath has been an interesting cycle. From Roman elegance, a luxury known only to a few, to the Saturday night tradition, then the daily, brisk, business-like scrubbing and now a luxury once more. This time, however, it is a luxury that instead of being enjoyed by the minority it can be enjoyed by millions. It's the bubble bath.

And, the soap bubbles you made as a child are nothing compared to the creamy bubbles of the latest bath luxury. Little transparent paper sacks of fragrant crystals are the makings of the bubble bath. You pour the crystals of one of the paper sacks directly under the water spout of the tubs, then open the hot and cold water faucets at whatever temperature you wish and the light, billowy bubbles fill the tub.

One virtue of this bubble bath that is particularly worthy of praise is its neutralizing powers of harsh elements in hard water. If you plan to travel or vacation in a hard-water spot these water-softening crystals are a fine thing to have with you. Hard water

has a harsh effect on skin and hair, fails to cut soap curd, causes irritation.

The bubble bath has other virtues, too. It is stimulating and refreshing and should therefore be a splendid beauty aid this summer. More claims: that you dry quicker and that there won't be the faintest trace of that damp, rather sticky feeling you get right after an ordinary bath.

After the bath, you open the drain and swirl water around the tub only to find that the disagreeable ring around the bathtub is pleasantly absent.

Rinse for the Hair

The bubble bath is said to be a fine rinse for the hair too, leaving it soft and lustrous after regular washing.

All in all this fragrant, refreshing, water-softening, little luxury is something to play with this summer. It's supposed to spell relaxation to tired nerves, too.

This brings us back to the observation that bathing has come up a peg from the ranks of a cleanliness "must" to a lovely, luxurious beauty aid.

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Seven-year-old Charles Jaynes, Jr. said to be the world's youngest ordained minister, who comes from Riverside, Cal., is in Boston at the moment, preaching to crowded congregations. Where this picture was taken this little minister was delivering a sermon to an estimated 8,000 with many hundreds turned away.



That Body of Yours

(by James W. Barton, M.D.)

The Problem of the Cross-Eyed Child

One of the distressing conditions that brings sorrow to the hearts of parents is to discover that their youngster has a cross eye or squint. In their minds they picture the child attending school, the thoughtless but cruel comments on the disfigurement, the inferiority complex which may develop within the child, and the handicap to social and financial progress.

These cross-eyed children are usually bright mentally which makes their suffering both from the kindness of some and the ridicule of others, all the more pronounced.

Dr. Le Grand H. Hardy, New York, in the Sight Saving Review, the journal published by the National Society for the Prevention of Blindness, says:

"Three important aspects to the problem of the cross-eyed child are: (1) cosmetic (the disfigurement due to the cross-eye); (2) psychological (the effect upon the child's feelings), and (3) functional (the actual use or value of the eye in seeing)."

"Cross-eyes are an unpleasant disfigurement, an embarrassment both to the victim and to those about him. Friendly but tactless interest in this misfortune often has bad effects and the attention of the child should not be called to his affliction."

From the psychological standpoint (feelings of the child) if the child is later to develop into a healthy, normal adult he should not be laughed at or ridiculed, or kept away from the company of other youngsters. He can't develop in a normal manner (through boyhood or girlhood and young manhood or womanhood) with a squint or cross eye." Thus something should be done immediately the squint has been discovered.

There are five general means for treatment of cross-eyes.

First, a careful testing of the eyes under "drops."

Second, an accurate fitting of glasses. Glasses may be fitted and worn by children less than a year old.

Third, the cross-eye is aroused, stimulated and developed.

Fourth, the child is taught to use his eyes in a normal way by the efforts of some one who can arouse the child's interest and enthusiasm.

Fifth is surgery. If the above four steps have been followed and squint persists (as it does in about half the cases), an operation becomes necessary.

I believe this clear statement from Dr. Hardy should be a guide to parents and to physicians also.

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What Price International Indebtedness These Days

(From Toronto Globe)

When we look over the colossal debts of nations, other political sub-divisions and municipalities, let alone individual obligations, we wonder if there ever has been any real intention of wiping them out, or whether we have by common consent embarked upon a programme that ignores the principal and merely endeavours to keep up interest, if, as and when.

The subject was brought up in dramatic manner in the House of Representatives the other day, when Albert J. Engel of California, a Republican, told his confreres that the nation faced disaster because of public and private long-term indebtedness.

He placed the present indebtedness of the United States at \$133,414,805,693, equal, so he said, to 99.4 per cent. of the assessed valuation of all real and personal property. At an average of 4 per cent., he figured that the annual interest on public and private debt is \$5 billion.

In demanding drastic steps be taken to economize, he asked how long the country could stand up under such a burden, or how long even interest could be paid without running into disaster.

That set us to figuring, and, if Mr. Engel is anywhere near correct, we find that the per capita debt of the United States is now \$1,026.26. Then we turned to the Canadian official figures and, while we are not very good at arithmetic, found that the per capita of this country is but \$639.91 on the basis of total indebtedness of \$7,039,091,538, including national debt and bonded debt of all Provinces and municipalities.

How can debts be paid except by creation of new wealth, which must come from natural resources development? We do not know, but we do know that Canadians have a better chance of paying back their per capita indebtedness of \$600 odd than a citizen of the United States has of paying back his individual debt of \$1,026.26, in spite of the fact that the latter is the richest country in the world. The Canadian wherewithal will come increasingly from mines of the Great North and in far greater proportional value than is possible in the United States. One dollar won from gold, for instance, south of the line, becomes nearly \$13 in Canada when populations are taken into account.

Television Costing London Much Money

Many Problems Confronting Old Land in New Science

London, Feb. 16.—The official anniversary of public television came on November 2, 1937, but in the eyes of the staff of 235 at Alexandra Palace the significant date is February 5 of this year. Twelve months will then have passed since the Television Advisory Committee approved and established a single standard of transmission.

Up to that point lack of space and time severely hampered the efforts to transform television for the private viewer from an ingenious toy into a serious entertainment, according to The Times of London.

The prevalent spirit of Alexandra Palace is expressed by the studio hand who said, "We're not working; we're being paid or a hobby." With no precedents, no cramping case law, the station experiments like a bunch of earnest schoolboys.

What will be next? To describe the television station at present is like anatomizing Proteus; it was different yesterday, and it will be different to-morrow. But some sort of outline was a necessary preliminary to any attempt at answering the layman's question, "What next?"

The future is obscure because it has two aspects, the technical and the entertaining; one complex and unsure, both intermingling. This has not prevented the younger art from propounding its own esthetics and a few prior concepts of what the public wants, such as "intimacy" (for the drama) and "instantaneity" (for the outside broadcast).

Technically, the range of the individual service, using ultra-short waves will continue to have an outside limit of 40 miles.

Costs Are High

Capital expenditure in North London was more than \$600,000 and running costs, for a two-hour service only, have averaged something over \$100,000 a month to date. The alternative, cheaper but still costly and more probable, is to feed the provinces from London by a special land line, known as a co-axial cable, which, at a conservative estimate, would cost \$3000 a mile to install.

For the potential buyer the future is equally uncertain. The larger screen measuring six feet by five feet, which points the way to television in cinema theatres, is still imperfect, but it is improbable that there is anything final about the imperfections. Meanwhile the trade continues to blame the programmes for sales that have not fulfilled their expectations, and the lowest-priced set (for use with an ordinary radio) remains at \$175, and the cheapest complete model at \$210.

Experience has discouraged the lecture, because a single figure talking on a small screen, even if he or she has a strong personality, soon becomes monotonous. The longest talk given so far was one of 12 minutes.

Make-up is a problem. The cameras are more panchromatic than film cameras. They record texture of skin, hair and cloth more faithfully, and actors do not need so heavy a make-up. But they are also more sensitive to

contrasts in local colour, and paint their subject "warts and all." Circles under the eyes and further chins under the first chin are so accurately reproduced that the work of the make-up department becomes of primary importance.

Hon. Mr. Euler Tells Some Truths Regarding Nickel

(From The Ottawa Journal)
 Minister of Commerce Euler said some sensible things to Parliament on Wednesday about the agitation to deny Japan Canada's nickel. He said in the first place, that if we stopped export of nickel altogether no certainty would follow that that would stop war. Only 10 per cent. of all nickel produced is used in armaments, and with Holland producing 10 per cent. of the world's supply, and development of substitutes possible (Germany did it toward the close of the World War) the possibility of our action causing the warlike nations to beat their swords into ploughshares would be desperately remote.

There is Japan. Certain people appear to think that if we would stop sending nickel to Japan, the massacre of China would be over. It wouldn't be over. Not a man nor a gun of the Japanese army would quit Chinese territory, nor a Japanese warship Chinese waters. Japan would simply go on getting our nickel from other sources; just as Germany got it from other sources for a long time during the World War, this despite a blockade of the British Navy, and despite other circumstances infinitely more difficult than those which now face Japan.

In the circumstances, demands for the prohibition of nickel exports to Japan, while creditable to the instincts of those who make them, take no account of actualities. Apart altogether from the diplomatic dangers of such a step, we should in the end contribute nothing towards changing things in China.

Toronto Star:—"Royal Dutch baby preserves line of William the Silent." As the baby's a girl, there may be some doubt about the silent part.

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 Beat slightly 4 eggs, add 1 1/2 tsp. salt and 1/8 tsp. pepper. To 1 1/2 cups Canadian Maid Milk and 1 1/2 cups water, add 3 lbs. butter. Heat till butter melts. Stir into eggs, then add 3 cups canned corn and chopped onion to taste. Set in pan of hot water and bake in slow oven until set.
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